**WRAPS**

<table>
<thead>
<tr>
<th>Item</th>
<th>M</th>
<th>L</th>
<th>Cals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Caesar</td>
<td>7.99</td>
<td>8.99</td>
<td>750/810</td>
</tr>
<tr>
<td>Buffalo Chicken</td>
<td>7.99</td>
<td>8.99</td>
<td>740/810</td>
</tr>
<tr>
<td>Greek</td>
<td>7.99</td>
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<td>640</td>
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**GRILLED TOPPED SALADS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cals</th>
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<tbody>
<tr>
<td>Chicken Caesar Salad</td>
<td>500</td>
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<tr>
<td>Chicken Cobb BLT Salad</td>
<td>560</td>
</tr>
<tr>
<td>Greek Steak Salad</td>
<td>550</td>
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<tr>
<td>Greek Salad</td>
<td>290</td>
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<tr>
<td>Garden Salad</td>
<td>110</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>270</td>
</tr>
</tbody>
</table>

**SOUP**

Cup 4.99 Bowl 5.99 Quart 14.99

Soup choices vary daily. Ask about today’s varieties.

- **Chicken Noodle** (Cals 110/180/440)
- **New England Clam Chowder** (Cals 320/480/1280)
- **Broccoli Cheddar** (Cals 250/370/1000)
- **Lobster Bisque** (Cals 360/540/1440)

**BEVERAGES & MORE**

Beverages available in assorted sizes.

We proudly serve Pepsi® Products (Cals 0-460).

An assortment of chips & desserts are available at all locations.

- **Chips** (Cals 160-240)
- **Brownies/Blondies** (Cals 350/370)
- **Cookies** (Cals 320-360)
- **Whoopie Pie** (Cals 740)

**CATERING**

Fuel for Your Fire

Ask about our individually wrapped sandwich options. We have individual Lunch Boxes and Sandwich Boxes to feed a team.

Delivery where available. Delivery minimum required. Delivery charge applies. Delivery fee is not a tip.

Prices, menu items and participation may vary. Prices subject to change without notice.

**WRAP UP**

Add 3 for 3.69 Small Chips & Bottled Soda or Water

Add Small Chips & Bottled Soda or Water

Add 160-530 Cals

Before placing your order, please inform your server if a person in your party has a food allergy.

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutrition information available upon request.
HOT SANDWICHES

Southwestern Chicken
Hand-sliced Turkey Breast, Chipotle Sauce & Mayo, served on a bed of Hot Gravy, toasted to perfection.

Pasta & Swiss
Cals 720/930/1430
Grilled Pasta garnished with Melted Swiss Cheese.

Italian Toasted
Cals 810/1140/1500
Pepperoni, Capicola, Genoa Salami, Mortadella & Provolone Cheese, topped with Lettuce, Tomato, Bacon Peppers, Red Onions, Oil & Vinegar, toasted to perfection.

Basic Grilled Chicken
Cals 650/850/1050
Grilled Chicken Breast, Bacon, Lettuce, Tomato & Mayo.

Steak Number 9
Cals 720/970/1020
Steak, Onions, Bell Peppers, Mushrooms, American Cheese.

Southwestern Chicken
Cals 690/860/1360
Chicken Breast, Peppers, Onions, Charred Corn, Black Bean & Pepper Salad, Pickled Jalapenos, Cilantro, Chipotle Sauce, Ranch Dressing.

Chicken Teriyaki
Cals 580/830/1310
Chicken Breast, Teriyaki Sauce, Onions, Peppers, Mushrooms, Pineapple, American Cheese.

Korean BBQ Steak & Cheese
Cals 730/880/1360
Steak, Korean BBQ Sauce, Cucumber, Sriracha Cole Slaw, American Cheese on a Toasted Roll.

Chicken Vermonter
Cals 720/1070/1440
Chicken Breast, Vermont Cheddar Cheese, Bacon, Lettuce, Tomato, Honey Mustard.

Steak Bomb
Cals 650/960/1300
Steak, Green Salami, Capicola, Grilled Onions, Bell Peppers, Mushrooms, Provolone Cheese.

STEAK BOWL
Cals 820/970/1020
Steak, Onions, Bell Peppers, Mushroom, American Cheese.

STEAK & CHEESE
Cals 490/710/970/1260
Steak, American Cheese.

STEAK BOWL
Cals 820/970/1020
Steak, Onions, Bell Peppers, Mushroom, American Cheese.

STEAK & CHEESE
Cals 490/710/970/1260
Steak, American Cheese.

Double Peppercorn Steak
Cals 630/920/1300
Steak, Mushrooms, Black Pepper, Cracked Peppercorn Dressing, Lettuce, American Cheese.

Chicken Number 9
Cals 620/820/1020
Chicken Breast, Onions, Peppers, Mushrooms, American Cheese.

Cheeseburger
Cals 630/930/1240/1610
Fresh Beef Patties, American Cheese.

STEAK NUMBER 9
Cals 720/970/1020
Steak, Onions, Bell Peppers, Mushrooms, American Cheese.

BBQ Chicken & Cheddar
Cals 660/830/1240/1590
BBQ Chicken, Cheese, Mayo, American Cheese, Mayo.

Chicken Teriyaki Bowl
Cals 780/930/1110
Chicken, Teriyaki Glaze, Onions, Peppers, Mushrooms, Pineapple, American Cheese.

BBQ Chicken & Cheddar Bowl
Cals 780/930/1110
BBQ Chicken, Bacon, Mayo, Cheese, American Cheese.

Chicken Vermonter Bowl
Cals 720/1070/1440/1620
Chicken Breast, Vermont Cheddar Cheese, Bacon, Lettuce, Tomato, Honey Mustard.

STEAK NUMBER 9 BOWL
Cals 720/970/1020
Steak, Onions, Peppers, Mushrooms, American Cheese.

STEAK & CHEESE BOWL
Cals 490/710/970/1260
Steak, American Cheese.

STEAK & CHEESE BOWL
Cals 490/710/970/1260
Steak, American Cheese.

Double Peppercorn Steak
Cals 630/920/1300
Steak, Mushrooms, Black Pepper, Cracked Peppercorn Dressing, Lettuce, American Cheese.

STEAK BOWL
Cals 720/970/1020
Steak, Onions, Bell Peppers, Mushroom, American Cheese.

STEAK & CHEESE BOWL
Cals 490/710/970/1260
Steak, American Cheese.

STEAK & CHEESE BOWL
Cals 490/710/970/1260
Steak, American Cheese.

DELI SANDWICHES

Turkey & Cheese
Cals 510/650/760/890, 1010/1310
Hand-sliced Turkey Breast, American Cheese, Mayo, Lettuce & Tomato.

Ham & Cheese
Cals 440/520, 650/780, 880/1040
Thin-sliced Black Forest Ham, American Cheese, Mayo, Lettuce & Tomato.

Tuna Salad
Cals 660/1080, 990/1260, 1320/2160
Made in-house with Mayo, Lettuce & Tomato.

Italian
Cals 810/1170, 1140/1620, 1500/2090
Pepperoni, Capicola, Genoa Salami, Mortadella & Provolone Cheese, topped with Lettuce, Tomato, Banana Peppers, Red Onions, Oil & Vinegar.

Chicken Salad
Cals 760/1160, 1050/1470, 1400/2130
Made in-house with White and Dark Chicken, Celery Salt, Mayo, Lettuce & Tomato.

Basic Grilled Chicken
Cals 650/850/1050
Grilled Chicken Breast, Bacon, Lettuce, Tomato & Mayo.

Steak, Mushrooms, Black Pepper, Cracked Peppercorn Dressing, Lettuce, American Cheese.

RICE & GRAIN BOWLS

Chicken Teriyaki Bowl
Cals 780/930/1110
Chicken Breast, Teriyaki Glaze, Onions, Peppers, Mushrooms, Pineapple, American Cheese.

STEAK NUMBER 9 BOWL
Cals 720/970/1020
Steak, Onions, Peppers, Mushrooms, American Cheese.

Southwestern Chicken Bowl
Cals 880/1180/1360
Chicken Breast, Peppers, Onions, Charred Corn, Black Bean & Pepper Salad, Pickled Jalapenos, Cilantro, Chipotle Sauce, Ranch Dressing.

BBQ Chicken & Cheddar Bowl
Cals 1100/1380/1560
Chicken Breast, BBQ Sauce, Bacon, Mayo, Cheddar Cheese.

Any Grilled Sandwich a Rice & Grain Bowl!

BREAD OPTIONS
Italian Sub Roll, Wheat Wrap, Furst tortilla Wrap.

LOBSTER

Lobster Sandwich or Roll
Cals 480/720/950 or 410/530/650
30% Real Lobster lightly tossed with Mayo & served on a bed of Crisp Lettuce.

Twin Lobster Deals
Two Lobster Rolls
SM 24.99
MED 32.99
LG 42.99

Bread Options: Italian Sub Roll (Cals 230/350/460), Pocket® (Cals 160, Wheat Wrap (Cals 310), Flour Tortilla Wrap (Cals 310).

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.

*Cheeses: Swiss (Add 100-200 Cals), American (Add 100-150 Cals), Cheddar (Add 90-180 Cals), Provolone (Add 150-250 Cals), Feta (Add 120-200 Cals)

*Vegetables: Lettuce, Onions, Cucumber, Peppers, Jalapenos, Hot, Banana Peppers (Add 5-10 Cals), Tomato (Add 5-15 Cals), Mushrooms (Add 5-10 Cals), Pickles (Add 0-5 Cals), Black Olives (Add 15-40 Cals)

*Cheese: Extra Cheese and Bacon. Charges will apply.

Turkey & Cheese
Cals 510/650/760/890, 1010/1310
Hand-sliced Turkey Breast, American Cheese, Mayo, Lettuce & Tomato.

Ham & Cheese
Cals 440/520, 650/780, 880/1040
Thin-sliced Black Forest Ham, American Cheese, Mayo, Lettuce & Tomato.

Tuna Salad
Cals 660/1080, 990/1260, 1320/2160
Made in-house with Mayo, Lettuce & Tomato.

Italian
Cals 810/1170, 1140/1620, 1500/2090
Pepperoni, Capicola, Genoa Salami, Mortadella & Provolone Cheese, topped with Lettuce, Tomato, Banana Peppers, Red Onions, Oil & Vinegar.

Chicken Salad
Cals 760/1160, 1050/1470, 1400/2130
Made in-house with White and Dark Chicken, Celery Salt, Mayo, Lettuce & Tomato.

Calories include Italian Sub Roll.

Additional nutrition information available upon request.